

Thank you to our Sponsors



R20 OF EVERY ENTRANCE FEE IS DONATED TO THE FOLLOWING ORGANISATIONS



MORNINGSIDE PRIMARY SCHOOL

NO LITTERING ON RACE ROUTE



Be an Eco-Aware Athlete

How can you do your part? It's easy! Hold onto those sachets and cups and dispose of them along with any other litter you may have in the bins provided.

IAAF Rule 28.4 Littering shall be further categorized as intentional and unintentional littering. Both can apply anywhere. 28.5 IAAF Rule makes provision for a Race Referee to warn an athlete by showing a yellow card and exclusion by showing a red card.

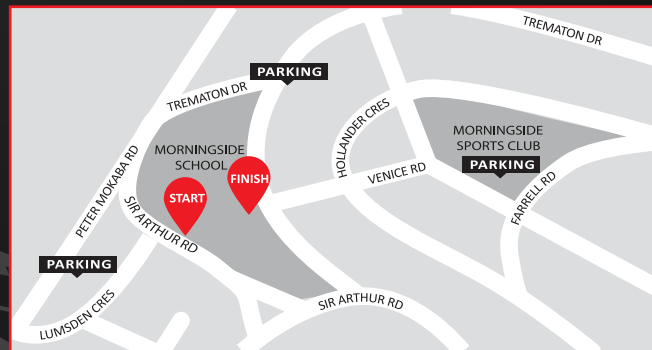


Parking your ride!

Parking will be available at:

1. Girl Guide Hall, Lumsden Crescent, (Start of Race)
2. Morningside Sports Club, Hollander Crescent
3. Grass area, corner of Burman Dr and Trematon Dr

Registered parking guards will be available at these sites



Let's get Social!



@SavagesAthleticsClub

Be sure to catch race updates, photos and more online!

Join the fun



SAVAGES

21.1 / 10km CHALLENGE

18 AUGUST 2019 @ 6.30am

Start Sir Arthur Road Morningside Primary School

# The Race is on!



Womens & Mens cut available



## Racing for Rands

| 21km                                   |                   | 1st | 2nd | 3rd |
|--|-------------------|-----|-----|-----|
|  | Open Men/Ladies   | 500 | 250 | 150 |
|  | Junior Men/Ladies | 250 | 150 |     |
|  | Mens/Ladies 35/39 | 250 | 150 |     |
|  | Mens/Ladies 40/49 | 250 | 150 |     |
|  | Mens/Ladies 50/59 | 250 | 150 |     |
|  | Mens/Ladies 60/69 | 250 | 150 |     |
|  | Mens/Ladies 70+   | 200 | -   |     |
| Lucky Dip Prizes                       | 10 x R300         |     |     |     |
| <i>Must be present at prize giving</i> |                   |     |     |     |

| 10km                                   |                   | 1st | 2nd | 3rd |
|--|-------------------|-----|-----|-----|
|  | Open Men/Ladies   | 200 | 150 | 100 |
|  | Junior Men/Ladies | 200 | 100 | 100 |
|  | Mens/Ladies 35/39 | 200 | 100 |     |
|  | Mens/Ladies 40/49 | 200 | 100 |     |
|  | Mens/Ladies 50/59 | 200 | 100 |     |
|  | Mens/Ladies 60/69 | 200 | 100 |     |
|  | Mens/Ladies 70+   | 200 | -   |     |
| Lucky Dip Prizes                       | 10 x R300         |     |     |     |
| <i>Must be present at prize giving</i> |                   |     |     |     |

### LUCKY DRAW PRIZES

Additional random lucky draw prizes include meal vouchers, hampers, wine & hotel accommodation. Walkers are welcome and will be timed. (No prizes)

## How to Enter ..

- Online at [www.eventtiming.co.za](http://www.eventtiming.co.za)
- Morningside Primary School 10am - 5pm on Saturday 17th August 2019.
- Bank transfer : ATM Cash Deposits @ Capitec can be made:-  
Bank : Capitec  
Account Holder: Eventtiming (KH Bradfield)  
Account No: 1543764345 Clearing Code: 470010  
Account type: Savings Branch: Pavillion  
**Use your Identity Number as reference and whatsapp the deposit slip + entry form with reference endorsed on it to 061 505 1416**

**THEN**

Collect your race numbers at Morningside Primary School on Saturday 17 August 2019 between 10am and 5pm !

**NB!** NO Entries on Race day  
**18 August 2019**

## Entry Fees

|  | NO REFUNDS |      |
|--|------------|------|
|  | 21km       | 10km |
| <b>ENTRY FEE</b> (Includes R20 Donation to selected charities)                                 | R160       | R140 |
| <b>EARLY BIRD ENTRY FEE</b> up to 31st July 2019 (Includes R20 Donation to selected charities) | R130       | R110 |
| <b>ADD: TEMPORARY LICENCE FEE FOR NON CLUB MEMBERS</b>   | R30        | R30  |
| <b>70+ AGE GROUP</b>   | FREE ENTRY |      |

- Race entry fee includes R20 which will be donated to various charities and educational institutions.
- 10% of race entry fees are payable by the organisers to KZN Athletics
- Entries are capped at 2000

## Cut offs

**3 hour cut off for 21km. Any 21km arriving at 10km marker after 1 hour 35 min, will be diverted to the 10km finish.**



## The Serious Bit



KWAZULU NATAL ATHLETICS

### RACE RULES:

- This race is run in according to the rules as laid down by the IAAF, ASA and KZNA and all entrants must abide by these rules. All foreign athletes must abide by the IAAF rule 4.2 and 142.
- The minimum age limit of an entrant for the 21.1km is 16 years and the 10km is 14 years and older.
- Current licences, age category and walker tags must be clearly worn on the front and back of the vest/crop top.
- Junior athletes are recognised as being 19 in the full year of competition. Open and above are recognised at the age of the day of competition.
- Temporary licenses, (if purchased) must be worn on the front of the vest/crop top.
- Club colours must be worn.
- Proof of age **MUST BE PRODUCED** if entrant qualifies for a prize category.
- Race entry fees are not refundable.
- Refreshment tables will be provided. Personal seconding is not permitted.
- No pacing is permitted.
- Marshals and traffic officials must be obeyed.
- All entrants participate at their own risk. Organisers and sponsors will not be held responsible for any loss or injury during or as a result of the race, property lost or damaged on the course or in the changing area.
- Cut-off time 3.00 hours.
- No littering rule (IAAF Clause 28.4 & 28.5 .. Rule 125)